

## **“In my own words”**

**Pedro Torres, Jr.**

First of all I would like to thank Kelly, Veronica and their team for supporting the convoy this far. We have come a long way since January! It was destiny last November for me to join the convoy, typically any emails that come through from outside sources go straight to my junk folder. For some reason I clicked on this one from Kelly. I was fresh out of a doctor's appointment, where I was told my liver looked like that of a seventy year old alcoholic. I was also tipping the scales at a slim three hundred pounds. By the time I left the doc's I had life time prescriptions for gout and blood pressure meds, not to mention I was a borderline diabetic. Depressed and feeling very heavy I set up an appointment with Kelly to see what all the fuss was about. From the minute I got out of my evaluation with Kelly and was accepted to the program my journey started. Just the fact of being accountable to someone and not to mention the scare from the doc I was MOTIVATED. The first thing I stopped was the drinking and stress eating. I started working out regularly on my own and by late January, when we started the convoy I was down to a light two hundred and seventy five pounds. Once we hit the convoy I was fully immersed in my weight loss, I just had to get my eating habits under control. For the first three months, Kelly and Veronica re-wired our brain on what are the right foods to fuel our bodies. Believe me this was not an easy task when a sensible meal to me was a take and bake pizza for lunch. After the first three months our eating habits were honed in. They incorporated physical activity a little at a time, at our own pace. After a while, I was looking at exercise as personal hygiene, like brushing my teeth. Nothing like a good run to ease your mind! (who would of thought I would ever say something like that!)

Since I started my journey I have lost 60 pounds and counting. I have ran a five and a ten K and we're getting ready to run a half marathon, nothing I would ever dream of a year ago. My gout has not visited in a while and all of my fitness levels are in the excellent column. I look forward to getting off my blood pressure medication soon and know that the WLC has set me up for success the rest of my life. I wanted to include my story in hopes that it reaches out and slaps someone! We need to snap out of the coma this society has put us in. I'm not saying it has been easy, but if I can do it anyone can! I also included some before and present pictures because I am very proud of where I am and even prouder on where I plan to be. PTJ

